

## ABSTRACT

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The present invention provides a system and method of an upstream power back-off in a very high rate Digital Subscriber Line (VDSL) system. The method is based on a global desired receive PSD (GDR PSD), which is used to determine an upstream power back-off algorithm. The GDR PSD is transmitted from the transceiver at the LT to the NT during initialization. The NT determines an upstream transmit power spectral density for data transmission using the received GDR PSD and a determined insertion loss of the loop on which it resides.